



# Personal Health and Wellness



## Body Cleansing

Learn the basic principles of cleansing including the four main avenues your body uses for elimination. Understand how they function and assist them to achieve optimal health. Learn to consistently feed your body foods that detoxify, cleanse and purify to promote our ability to nourish, strengthen and regenerate. Fee: \$5.

**KBOD-1A 18yrs+ T 3/11 7-8:30pm KRC**

## Chakras

The Chakras are a "wheel" comprised of seven energy centers that correspond to major areas of our lives, such as power, understanding, perceptions, love, communication, and survival. Learn how our own internal "floppy discs" store our programming about how to live and function in life. Fee: \$27.

**KCHK-1A 18yrs+ Sa 2/22 1-2:30pm KRC**

## De-Mystifying Cancer

Understanding cancer is not hard. There are predictable steps that lead toward the imbalance and how to reverse it. Choose the natural alternative as your path. In this class we explain what has happened and what needs to be done to reverse the condition. Fee: \$5.

**KDMC-1A 18yrs+ T 3/25 7-8:30pm KRC**

## Eat Right 4 Your Type

Discuss the relationship between blood type, health and disease as illuminated in Dr. Peter D'Adamo's Book, Eat Right For Your Type. Examine anthropology and the evolution of the four blood types to learn why foods are beneficial or harmful based on genetic inheritance. \$5 supply fee due to instructor at beginning of class. Fee: \$15.

**KERT-1A 18yrs+ Th 3/13 6:30-8pm KRC**

## Empowerment Circle

A mental, emotional, and spiritual challenge program that enables leaps in people's capacity to feel joy and heal. This informal format includes a short lecture, guided exercises and unstructured time in a small group. Wear comfortable clothes and bring a floor pillow. Fee: \$15.

**KEMP-1A 18yrs+ F 2/21 5:30-7pm KRC**

## Flu, Fever and Immune Boosting Herbs

Learn how the body mounts a defense against an infectious agent using heat—naturally, safely and effectively to boost the immune system. The benefits of fever, consequences of suppression and strategies for self care during cold and flu season will be discussed. A \$5 supply fee is due to instructor at the beginning of class. Fee: \$15.

**KFLU-1A 18yrs+ Th 1/23 6:30-8pm KRC**

## Improving Digestion

A class for those suffering from Crohn's, IBS, GERD, bloating, malabsorption or any other chronic condition of the GI tract. You can get relief by identifying and removing food allergens and with use of soothing, healing herbal preparations. Fee: \$15.

**KDGS-1A 18yrs+ W 2/19 6:30-8pm KRC**

## Learn to Live

Learn to alleviate stress and relax through meditation! Make a new daily schedule with time for meditation for the soul, study for the mind, good nutrition and moderate exercise for the body. \$5 workbook fee due to instructor at beginning of class. Wear comfortable clothing. Fee: \$44.

**KBAL-1A 18yrs+ Sa 2/22 9am-12pm KRC**

## Nutrition – Vegetarianism 101

Discover if the vegetarianism lifestyle is for you! Learn about the health benefits and risks, the components of the diet, and how to cook vegetarian meals. Fee: \$31.

**KNUT-1A 18yrs+ W 1/29-2/5 6:30-8pm KRC**

## Nutrition – Cooking on a Budget

Stretch your dollar and plan nutritious meals for the whole week. Cooking suggestions and recipes included. Fee: \$18.

**KNUT-2A 18yrs+ W 1/22 6:30-8pm KRC**

## Raw Foods, the How, What and Why

Why increase the quantity of raw fruits and vegetables in your diet? What is lost in the cooking process making raw foods a better choice? Learn tips and tricks and watch preparation demonstrations for several recipes. Fee: \$5.

**KRAW-1A 18yrs+ T 3/4 7-8:30pm KRC**

## Reiki—Reiki Clinic

Experience Reiki for FREE. Reiki is an ancient Tibetan healing system that uses light hand placements to channel healing energies to the recipient. Register now for your 15-minute Reiki session. Fee: None.

**KREK-1A 18yrs+ Sa 2/22 8am-12pm\* KRC**

\*Participants will be contacted with their appt. time

## Reiki—Basic Reiki

Learn about this ancient Tibetan healing system that uses light hand placements to channel healing energies to your body to relieve emotional distress and acute physical pain. Fee: \$34.

**KREK-2A 18yrs+ F 1/31 4-6pm KRC**

## Reiki I Certification

Master this ancient healing system that teaches healing yourself and others. This workshop will certify you as a First Degree Reiki practitioner. (Prerequisite: Basic Reiki). Fee: \$110.

**KREK-3A 18yrs+ Sa 2/1 8am-12pm KRC**



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## Reiki II Certification

Continue your Reiki practice and skills to become certified as a Second Degree Reiki Practitioner. (Pre requisite: Basic Reiki, First Degree Certification). Fee: \$160.

**KREK-4A 18+ Sa 2/1 1-5pm KRC**

## Reiki III Master/Teacher

Ready to make the commitment to become a Reiki Master/Teacher? Level III is the study and practice of passing Reiki attunements on to others. This class will integrate the teachings of the prior levels of Reiki. (Prerequisite: Reiki I and Reiki II, must bring certificates.). Fee: \$310.

**KREK-5A 18+ Sa 2/8 12-4pm KRC**

## Reversing Osteoporosis

Worried about your bone health? Learn about the natural treatments and dietary measures that will help prevent osteoporosis with Dr. Paula Milisen, Naturopathic Physician. Fee: \$15.

**KRVO-1A 18yrs+ W 2/12 6:30-8pm KRC**

## Visualization

This introductory workshop will assist you in the art of using mental energy to transform and improve health, prosperity, relationships and fulfillment of your heart's desires. Fee: \$27.

**KVIS-1A 18yrs+ Sa 2/22 2:30-4pm KRC**

The following classes are presented in the interest of good health by the Doctor's Speakers Bureau. Guest Speaker: Dr. Joshua Bock.

## 5 Secrets to Permanent Weight Loss

Have you ever struggled to lose weight? Learn how to become healthier and reach your body's full potential naturally without pills, lotions or potions. Fee: \$5.

**KDSB-1A 18yrs+ T 1/14 7-9pm KRC**

## Arthritis

Gain a complete understanding of the causes and symptoms of arthritis. Learn about various natural solutions through diet, vitamins, exercise, stress reduction and more! Fee: \$5.

**KDSB-3A 18yrs+ T 1/28 7-9pm KRC**

## Balancing Hormones Naturally: Healthy Solutions to PMS and Menopause

Get a complete understanding of the symptoms that occur during PMS and menopause but also their solutions via diet, vitamins, exercise, and stress reduction. Fee: \$5.

**KDSB-4A 18yrs+ T 2/4 7-9pm KRC**

## Carpal Tunnel Syndrome

Do you suffer from hand and wrist pain? Learn more about carpal tunnel syndrome and how you can prevent and improve injury to your hand and wrist. Fee: \$5.

**KDSB-5A 18yrs+ T 2/11 7-9pm KRC**

## Fibromyalgia

Learn about the neurological and psychological causes of this baffling disease. Learn techniques that help improve performance and eliminate risk of injury. Fee: \$5.

**KDSB-6A 18yrs+ T 2/18 7-9pm KRC**

## Pressure Points

Find your body's trigger points and how to release them in order to improve your health and quality of life. Attending with a partner is recommended. Fee: \$5.

**KDSB-7A 18yrs+ T 2/25 7-9pm KRC**

## Stress: The Causes and Cures

Discover how stress affects the body. Learn practical things that you can do at home or work to reduce the negative effects of stress. Fee: \$5.

**KDSB-2A 18yrs+ T 1/21 7-9pm KRC**

## Exercise Classes



### Karate

Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35. New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees). Fee: \$35.

**KKAR2-1A 12yrs+ T/Th 1/2-1/30 6-7:30pm KRC**

**KKAR2-2A 12yrs+ T/Th 2/4-2/27 6-7:30pm KRC**

**KKAR2-3A 12yrs+ T/Th 3/4-3/27 6-7:30pm KRC**

### Hatha Yoga with Desiree Lewis

Learn the practice of Hatha Yoga, which involves a series of postures that exercise every part of the body, stretching joints, toning muscles, strengthening the entire skeletal structure, and massages the internal glands and nerves to maintain glowing health. Fee: \$55. \*Bring mat or beach towel.

**KYOG-2A 12yrs+ T 1/14-3/4 10-11:15am KRC**

**KYOG-3A 12yrs+ Th 1/16-3/6 10-11:15am KRC**

### Pilates/Mat Science with Desiree Lewis

Gain strength, flexibility and vibrant health as you practice mindful movements that are derived from yoga, dance and sports rehab conditioning. All fitness levels welcome. Fee: \$55. \*Bring mat or beach towel.

**KPLT-1A 16yrs+ T 1/14-3/4 9-10am KRC**

### Stretching Techniques

Learn stretching techniques you can do at work, home, or in the car. Stretching will help you improve your flexibility and release stiffness and stress. Fee: \$30.

**KSTT-1A 18yrs+ M 1/27-3/10 6-7pm KRC**

\*no class on 2/17

**Advance Registration**